



Sir Joseph Williamson's Mathematical School

Principal: Mr E Hodges



[Supporting parents and carers video](#) – the Anna Freud Centre

This video provides guidance to parents and carers about how they can support themselves and their children during any disruption caused by the coronavirus.

[Self-care strategies](#) – the Anna Freud Centre

A selection of self-care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or anxiety might be heightened, it might be helpful to try one or some of these strategies.

[Helpful information to answer children questions about coronavirus](#) – Place2Be

[Talking to your child about the coronavirus](#) – YoungMinds

[Coronavirus and your wellbeing](#) – Mind

[Worries about the world](#) – Childline advice page

This page includes information on what concerns a child might currently have, for example about the coronavirus, and some things to try to address these worries.

[Mood journal](#) – Childline

Children can sign up to Childline's "locker" and track their daily mood in the mood journal. This might be a helpful way for children to balance their mood during a period of uncertainty.

[Calm zone](#) – Childline

A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.

[Tips for if you're worried about the coronavirus](#) – Newsround video

[How to cope when you can't go to school because of the coronavirus](#) – Newsround video

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